WAKE FOREST PARKS AND RECREATION DEPT. 401 ELM AVENUE WAKE FOREST NC 27587

www.wakeforestnc.gov



PROGRAM BROCHURE SUMMER 2006

A NEW LOOK!

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The Wake Forest Parks and Recreation Department is proud to announce that we are expanding our recreational programming and leisure opportunities to the citizens of Wake Forest and Wake County. We offer a wide variety of activities for individuals of all ages and interests including youth and adult athletics, as well as cultural programs. There is definitely something for everyone. We welcome your support and input into our programming and hope to offer more new and innovative programs in future issues of this bulletin. So, take a moment to consider all the Wake Forest Parks and Recreation Department has to offer. For more information please contact the Recreation Office at 554-6180.

Special points of interest:

form

- Summer Basketball Registration
- Youth & Adult Programs
 - Summer Camps
 - Preschool Programs
- www.wakeforestnc.gov



Administrative Division:

Recreation Staff:

Susan Simpson 919 -554 - 6182 Director **Edward Austin** 919 - 554 - 6183 **Program Coordinator** Cindy Fergeson 919 -556 - 4818 **Program Coordinator** Jimmy Thrift Facility Maintenance Supervisor Gary Kirkwood Facility Maintenance Specialist Jimmy Johnson Facility Maintenance Specialist James Jackson Facility Maintenance Specialist James Brantley Facility Maintenance Specialist Randy Hoyle Facility Maintenance Specialist Richard Uhl Facility Maintenance Specialist

Office Hours: Monday– Friday

Mailing Address:

401 Elm Avenue
Wake Forest, N.C. 27587

Recreation Office
919-554-6180

Recreation Line:
919-554-6185

Fax:
919-556-2063

Flaherty Park Community Center
919-554-6726

8 AM -5PM



<u>Mission Statement</u>

The Wake Forest Parks and Recreation Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces coupled with cultural and athletic programs that promote education, health, and wellness.

Registration Information:

Mailing Address:

Town of Wake Forest Parks and Recreation Department 401 Elm Avenue Wake Forest, N.C. 27587

Registration Process:

- 1. Complete one registration form per participant.
- 2. Please print all information.
- Non-residents pay additional fee for athletic programs and swim lessons.
- 4. Read and sign all appropriate forms.
- 5. Make full payment

Note: The Wake Forest Parks and Recreation Department reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

Class Refund Policy:

Class fees are 100% refundable when the class is canceled by the Wake Forest Parks and Recreation Department. Anyone wishing to withdraw from a class that has not been cancelled by the Wake Forest Parks and Recreation Department must request a refund, in writing, at least five (5) business days in advance before the scheduled start of the class. Refunds will not be given for withdrawals made less than the five working day period other than for verified medical/hardship cases.

Walk-In Registration - Athletics

Walk-in registration will occur during normal business hours (Monday - Friday from 8:00-5:00pm) See registration dates for Athletic Programs.

Class Registration:

Registration begins immediately for all classes. A registration form must be completed per person in order to be registered for a class. We will accept mail-in or walk-in registration. Full payment must be made at the time of registration.

Non-Resident Fees:

Anyone residing outside the corporate limits of the Town of Wake Forest are encouraged to participate, but will be assessed an additional non-resident fee. Call for Prices.

Athletic Refund Policy:

100% refundable if requested within two weeks of a participant's first assigned team practice. After the second week of practice, refunds will not be granted. Anyone withdrawing from an Athletic Program must request a refund, in writing, in order for a refund to be processed.



Park Facilities:

J.B. Flaherty Park - 1226 N. White Street. Located in the North Quadrant on North White Street. This 100 acre park currently houses three (3) lighted ball fields for baseball and softball, a restroom /storage and picnic shelter facility, two ponds, four lighted tennis courts, and a community center. The center has a regulation high school gymnasium, arts & crafts room, game room, and a meeting room with a small kitchen.

Ailey Young Park - 800 Juniper Avenue. A fifteen acre neighborhood park located on Juniper Avenue. This park houses one ball field, two basketball courts, a playground, and picnic tables.

Holding Park - 133 W. Owen Avenue. A five acre facility located in the middle of Town on West Owen Avenue, just off South Main Street. The Wake Forest Community House and the Town's 50 meter swimming pool are the focal points of this park. The Community House is available for rent for family reunions, weddings, wedding receptions, and other activities. The pool is open during the summer months and offers swimming to the general public, as well as water aerobics, swim lessons, lap swim times, and parent child swim times. The park also has a playground which features five slides and swings. Picnic tables are available as well as a basketball court. Adjacent to this park, the Town leases Forrest Field from the Wake County School System for baseball and softball league use.

H.L. Miller Park - 401 Elm Avenue. Located behind Town Hall on Elm Avenue. The 2 acre wooded park offers paved trails through the park and picnic tables.

Kiwanis Park - 400 East Holding Avenue. A one acre site located on Holding Avenue. A playground and a picnic shelter are available, and behind the park is a paved greenway trail.

Plummer Park - 965 Jones Wynd. A half acre park located within the Crenshaw Manor subdivision on Jones Wynd. A playground and picnic tables are available for use.

Smith Creek Soccer Center - 690 Heritage Lake Road. A seventeen acre facility located within the Heritage Subdivision. This facility houses three full size soccer fields, a playground, and a picnic shelter.

Taylor Street Park - 416 N. Taylor Street. A one and one-half acre park located on North Taylor Street. This park is home to the Alston Massenburg Center, which is available for rent. Basketball courts, and a playground for this neighborhood have been installed at the DuBois Campus on Allen Road.

Tyler Run Park - 830 Pineview Drive. A nine acre facility located within the Tyler Run/Holding Ridge subdivision on Pineview Drive. The park has a t-ball field, basketball court, playground, picnic tables, and a greenway trail. The playground in this park is specifically designed for children ages 2-5.

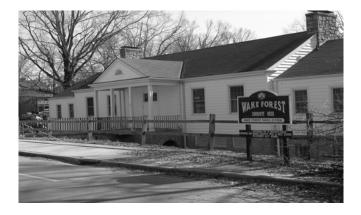
All parks are open to the general public from dawn to dusk unless otherwise posted. Facilities are programmed and scheduled by the Parks and Recreation Department.

Facility Rentals:

Wake Forest Community House Friday - Sunday only - \$200 daily rental 7 AM - Midnight Deposit - \$50

Alston Massenburg Center
Friday - Sunday only - \$50 daily rental
7 AM - Midnight Deposit - \$40

Contact the Wake Forest Parks and Recreation Department at 554-6180 for more information.



Athletic Programs:



Youth Athletics:

NEW! Wake Forest Track & Field Series

A series of Track & Field meets will be held monthly, from May-August, at Wake Forest-Rolesville Middle School. Meets will be held May 19, June 16, July 14 and August 18. Events will be open to youth and adults, ages six and above. Registration form and schedule available at Town Hall. Fee: \$10/meet.

Summer Basketball - Ages 11-17

League age is determined by participant's age on December 31,2006. Registration will be held June 5-23. League drafts/team placement will be held in July. Games are played from July to September.

Fall Baseball & Softball - Boys 6-13, & Girls 6-15

League age is determined by participant's age on May 1, 2006. Registration will be held July 10-28. League drafts/team placement will be held in late July. Team practices begin in August, games are played August-early October.

- A copy of participant's birth certificate must be filed with WFPRD along with league registration form.
- Participant fee: \$35 City residents, 60 non-residents ("Wake Forest resident" lives within the Town limits).

Adult Athletics:

Co-Rec and Men's Recreational Softball Leagues

Team registration will be held July 3 - 21, with league play beginning in August. Leagues are limited to "E" and lower-classified teams. Fee: \$450 per team.

Senior Softball Leagues - (Men's 50-59 and 60+)

Individual registration will be held July 3-21. Teams will be formed after registration, with league play beginning in August. League age is determined by player's age on January 1, 2006. Fee: \$40 per player.

Over 35 Basketball (3 on 3)

Registration will be held Sept. 18 -Oct. 6. League play will begin in October. Fee: \$90 per team.

Under 35 Basketball (3 on 3)

Registration will be held Sept. 18 -Oct. 6. League play will begin in October. Fee: \$90 per team.



Special Events:

Kings Dominion Trip

Friday, June 23

8:30 AV

Van scheduled to leave at 8:30 AM, from Town Hall. All ages are welcome, but anyone under 18 must be accompanied by a parent or guardian. Tickets are \$26, and may be purchased at Town Hall. Non-refundable Transportation Fee: \$15. Limited seats and tickets available. Registration Deadline: Friday, June 16th.

Birdhouse Decorating Workshop

Saturday, June 3 and July 15

10:00 - 1:00 PM

Paint and decorate a birdhouse for the upcoming Spring. Location: Flaherty Park Community Center. Fee: \$30 per session. All materials included. Instructor: Mary Benejam.

Concert in the Park

Sunday, June 4

3:00 PM

Join us for a free concert featuring "Kicken Grass", a great local bluegrass band. The concert will last approximately two hours and is sponsored through United Arts of Raleigh and Wake County. Bring a blanket or lounge chair and enjoy the music. Cost: FREE.

Superball Golf Tournament

Saturday, July 8

8:30 AM

Shotgun start. Four-person captain's choice tournament. Entry includes cart/green fees, goodie bag, door prizes, and lunch. Tournament will be held at Paschal Golf Club. Fee: \$30 per person. Limited to the first 14 teams. Co-sponsored by the Wake Forest Kiwanis Club.

Preschool and Youth Programs:

Preschool Art Camp

Boys & Girls ages 3-5. Students will learn to enhance social interaction through art projects, games and story telling activities. Please bring a snack daily. Location: Flaherty Park Community Center. Fee: \$75 per week. Camp Director: Maureen Seltzer.

 June 19-23
 Mon.-Fri.
 9:00-Noon

 July 24-28
 Mon.-Fri.
 9:00-Noon

Kids Art Camp

Boys & Girls ages 6-8. Dive into an ocean of art! Students will explore line, color, and composition through many different types of mediums. Please bring a snack daily. Location: Flaherty Park Community Center. Fee: \$75. Camp Director: Maureen Seltzer. July 31-Aug. 4 Mon.-Fri. 9:00-Noon

Tiny Tots Sports Camp

Ages 4-5. Boys and girls will learn basic fundamentals, team work and sportsmanship in a non-competitive atmosphere. Sports include: basketball, t-ball, soccer, tennis, and football. Fee: \$75 Location: Flaherty Park Community Center. Camp Director: Beth Averette.

July 24-28 Mon.-Fri. 9:00-Noon

Kinder Dance

Boys and girls ages 3-5. Learn techniques in Ballet, tap, and gymnastics. Fee: \$35. Location: Flaherty Park Community Center. Instructor: Jessica Peyton.

June 1-22 Thurs. 10:00-10:45 AM July 13-Aug. 3 Thurs. 10:00-10:45 AM

Adult Summer Programs and Swimming:

Impressionist Painting Workshop

Age16 and up. Location: Flaherty Park Community Center.
Complete an impressionist oil painting in one day. Bring a lunch.
Fee: \$70. All materials included. Instructor: Mary Benejam.
May 13 Sat. 10:00-4:00 PM
Aug. 12 Sat. 10:00-4:00 PM

Aug. 12 Sat.

Oil Painting Tuesday Morning

Ages 16 and up. Location: Flaherty Park Community Center. Fee: \$70 plus materials. Instructor: Mary Benejam.

Aug. 1-Sept. 5 Tues. 10:00-12:30 PM

Oil Painting Tuesday Evening

Ages 16 and up. Location: Flaherty Park Community Center. Fee: \$70 plus materials. Instructor: Mary Benejam.

Aug. 1-Sept. 5 Tues. 6:00-8:30 PM

Adult Drawing

Ages 16 and up. Location: Flaherty Park Community Center. Fee: \$70 plus materials. Instructor: Mary Benejam.

Aug. 2-Sept. 6 Wed. 10:00-12:30 PM

Intermediate Bellydance

For students with previous instruction in Middle Eastern bellydance. Participants will work on basic veil movements and begin to learn finger cymbals. Fee: \$48 per person. Instructor: Agnes Wanman.

July 10-Aug 28 Mon. 7:00-8:00 PM

Tae Kwon Do - (ages 7 and above)

Location: Wake Forest Community House. Learn martial arts skills, develop self-esteem, confidence and respect for others.

Fee: \$25 per month. Instructor: Master Randy Berger.

Monthly Tues/Thurs. 7:00-8:00PM

Yoga and Strength Conditioning

Location: Wake Forest Community House. Improve strength, muscle tone, and endurance with light weights and strength training exercises. Explore different breathing, relaxation, and meditation techniques to relieve tension through Vinyasa Yoga. Fee: \$30. Instructor: Conni Sithes.

June 5-28 Mon./Wed. 6:00-7:30 PM July 10-Aug. 2 Mon./Wed. 6:00-7:30 PM

Water Aerobics

Get an excellent aerobic workout at the Holding Park Pool. Fee:\$30. Instructor Connie Sithes.

June 13-July 13 Tues./Thurs. 8:00-8:45 PM July 18-Aug. 10 Tues./Thurs. 8:00-8:45 PM

Parent/Toddler Swim Time - Ages 4 and under

Monday–Saturday, 12 - 1pm. Swim time for parents and toddlers. Pass required, and may be purchased at Town Hall. Fee: \$30.

Swim Lessons

Swim class sessions will be offered in June, July, and August. Specific times and dates will be available at Town Hall on May 20. Registration begins June 1. Maximum of 8 per class. Fee: \$25 resident, \$40 non-resident.

Lap Swim

Monday – Saturday, 12 - 1PM. Lap Pass required, and may be purchased at Town Hall. Fee: \$30

Open Swim

Holding Park Pool, Monday-Friday, 1-6 pm, weekends 1-7pm. Fee: daily admission, or season passes. Contact Parks and Recreation staff for pricing information.

Pool Season: May 27 - August 24

Summer Programs:



Kids Chefs

Ages 9-12. Learn beginning kitchen skills including measurements, kitchen safety, and how to cook a full course meal. A different recipe will be taught each day. Participants will be exposed to a variety of different tastes and textures. Fee: \$75. Location: Flaherty Park Community Center. Instructor: Lynne Mullins. June 26-30 Mon.-Fri. 9:00-Noon

All Star Sports Camp

Boys & girls, ages 6-7. Different sports will be covered daily. Basic fundamentals, skills, and teamwork are emphasized in a non-competitive atmosphere. Please bring a snack daily. Fee: \$75. Location: Flaherty Park Community Center. Camp Director: Beth Averette.

July 24-28 Mon.-Fri. 1:00-4:00 PM

Boys Basketball Camp

Ages 7-12. Dribbling, shooting, free throws, and defensive skills will be emphasized. Participants will be divided by age groups for game play. Fee: \$75 includes t-shirt. Location: Flaherty Park Community Center. Camp Director: Chuck Hess July 10-14 Mon.-Fri. 8:00-Noon

Boys Basketball Camp

Ages 13-17. Dribbling, shooting, free throws, and defensive skills will be emphasized. Participants will be divided by age groups for game play. Fee: \$75 includes t-shirt. Location: Flaherty Park Community Center. Camp Director: Chuck Hess

July 10-14 Mon.-Fri. 1:00-5:00 PM

Tennis Camp

Ages 8-16. Basic strokes, rules, and etiquette are taught to participants. Players will be grouped by ability, and breaks will be used to learn rules, and scoring. Fee: \$100. Location: Flaherty Park Community Center. Instructor: Debbie Peek.

June 26-30 Mon.-Fri. 9:00-Noo.

Green Thumb Camp

Boys & girls, ages 6-12. Learn about plants, herbs, environmental concerns, how to propagate different plants, and make some nifty craft items! Fee: \$15. Location: Flaherty Park Community Center. Instructors: Master Gardeners.

July 17-20 Mon.-Thurs. 9:00-11:30AM

Girls Basketball Camp

Ages 6-12. Camp instructors will emphasize dribbling, shooting, free throws, and defensive skills. Participants will be divided by age groups for game play. Location: Flaherty Park Community Center Fee: \$75 includes t-shirt. Camp Director: Beth Averette Aug 7-11 Mon.-Fri. 8:00-Noon

Girls Basketball Camp

Ages 13 and above. Camp instructors will emphasize dribbling, shooting, free throws, and defensive skills. Participants will be divided by age groups for game play. Location: Flaherty Park Community Center. Fee: \$75 includes t-shirt. Camp Director: Beth Averette

Aug. 7-11 Mon.-Fri. 1:00-5:00 PM

Volleyball Skills Camp

Girls ages 9-14. Develop game skills and learn rules through drills and game play. Fee: \$60 includes t-shirt. Location: Flaherty Park Community Center. Camp Directors: Becky Holder and Jenna Hinton.

June 14-16 Wed.-Fri. 4:00-7:00 PM

Volleyball Team Camp

Ages 14 and above. Teams comprised of six players will compete in tournament play. Individual registrations will be accepted and placed accordingly. Fee: \$75 / person or \$450 / team. Location: Wake Forest Rolesville High School Gym. First, Second, and third place teams will be awarded. Camp Directors: Becky Holder and Jenna Hinton.

July 31-Aug. 2 Mon.-Wed. 9:00-Noon

Youth Golf Camp - Beginner Level

Boys & Girls, ages 5-11. Participants will receive instruction in the game of golf. Learn the basic fundamentals for putting, driving and golf rules. Fee: \$100. Location: Flaherty Park Community Center. Camp Director: Tim Gupton.

July 17-21 Mon.-Fri. 9:00-11:30 AM

Art For Fun Studio Camp

Boys & Girls, ages 9-12. Learn drawing, composition, and color. Explore different art medias: pencil, charcoal, pastel and acrylic. Please bring a snack daily. Fee: \$75 per week session. Location: Flaherty Park Community Center. Camp Director: Mary Benejam. July 10-14 Mon.-Fri 9:00-Noon July 24-28 Mon.-Fri 1:00-4:00 PM

9:00-Noon Youth Quilting Camp - Tweens and Teens Ages 10-15

Open to boys and girls. Location: Flaherty Park Community
Center. Students will learn hand piecing, appliqué for wall
hangings, pillows, backpacks, purses, and decorations. Choose
your favorite theme such as sports, animals, music, movies, etc.
Fee: \$50. All materials included. Camp Director: Stella Daniska.
Aug. 14-18

Mon.-Fri

9:00-11:30 AM

Summer Programs:

Babysitting Boot Camp

Boys & Girls ages 11 and above. Learn how to react in emergency situations and feel more confident as a babysitter. Learn CPR, choking management, basic first aid, business skills, and problem solving. Participants will receive babysitting certification through the American Heart Association and the National Safety Council. No written exam will be taken for CPR certification. Students should bring a bag lunch. Fee: \$40 per session. Location: Flaherty Park Community Center. Camp Director: Brenda Zamora.

 June 24
 Sat.
 9:00-4:00 PM

 August 5
 Sat.
 9:00-4:00 PM

Welcome to the Dance Floor:

Beginner Ballroom Dance and Etiquette Camp

Boys and girls ages 13-17. This high energy dance program is designed to teach teens the necessary skills to navigate any social setting with poise and grace. Learn the proper way to dress for success, sit, stand, walk, and interact with individuals in any environment. We will learn six major dances of Fox Trot, Waltz, Tango, Rumba, Cha Cha, and East Coast Swing. We will also learn club style dances such as Samba and West Coast Swing. No partner necessary. Fee: \$75 per session. Location: Wake Forest Community House. Camp Director: Jessica Peyton

June 12-15 Mon.-Thurs. 1:00-4:30 PM June 19-22 Mon.-Thurs. 1:00-4:30 PM

Advanced Ballroom Dance and Etiquette Camp

Ages 13-17. Class Requirements: Must have taken Beginner Ballroom Dance before you can participate in the advanced camp. No partner necessary. Fee: \$75 per session. Location: Wake Forest Community House. Director: Jessica Peyton.

 July 17-20
 Mon.-Thurs.
 1:00-4:30 PM

 July 31-Aug. 3
 Mon.-Thurs.
 1:00-4:30 PM

Drawing - (Ages 9 and up)

Students will work with pencils, charcoal, and soft pastels. Fee: \$55 plus materials. Location: Flaherty Park Community Center. Instructor: Mary Benejam.

Aug. 1-Sept. 5 Tues. 4:00-5:00 PM

Beginning Quilting for Adults - ages 16 and above

Location: Flaherty Park Community Center. Learn appliqué, hand piecing, mitering corners, borders, and hand quilting. Fee: \$45 plus sewing kit items. Instructor: Stella Daniska.

Aug. 21-25 Mon.-Fri. 10:00-Noon

CPR for Friends and Family

Location: Flaherty Park Community Center. Learn CPR for all ages (infant, child, and adult), choking management, warning signals for heart attack and stroke, and prevention of childhood accidents. Fee: \$30. Instructor: Brenda Zamora.

 June 15
 Thurs.
 6:00-9:00 PM

 July 13
 Thurs.
 6:00-9:00 PM

Flaherty Park Community Center - 554 - 6726



1226 N. White Street Wake Forest, N.C. 27587

Community Center Staff:

Beth Jones - Facility Supervisor Chuck Grant - Facility Supervisor Gloria Crudup - Facility Supervisor

Community Center Hours:

 Monday–Friday
 10:00 AM-10:00 PM

 Saturdays
 8:00 AM-4:00 PM

 Sundays
 1:00 PM-5:00 PM

To receive the latest information on upcoming Athletic and Cultural programs, go to the new Town of Wake Forest Website: www.wakeforestnc.gov

- Click on "Our Government"
- Click on "Town Services"
- Scroll to "Parks and Recreation"
- Follow the appropriate link to Athletics Programs, Cultural Programs, Registration and Program Evaluation Forms, and Parks and Recreation Facilities.



REGISTRATION FORM - www.wakeforestnc.gov

General Information	– Please complete c	ne form per person.	Make copie:	s as necessa	ary.	
Last Name		First Name			Gender	
Address		City		State	Zip	
Home Phone						
Email Address (Option						
☐ I would like to receive occa	asional email communication	ns about Town of Wake Fores	t programs, service:	s, and special eve	ents.	
Disclaimer: If you choose NOT be disclosed to ANY other				vices, and specia	l events, your en	nail address WILL
Parent/Guardian Nan						
Emergency Contact		(H) P	hone	(V	V) Phone	
Special Needs: The V for accommodation is requested require program accommodation	Nake Forest Parks and Recread well in advance. To insure a ins for participating (i.e., visual	ation Department will attempt to medically safe and appropriate or hearing impairment, mental	provide reasonable a ely planned program, or physical disability,	ccommodations for please list any sp heart condition, hi	r program participa ecial need or pre- story of seizures,	ants when the need caution which may asthma, ADD, etc)
Physician Name:	Phone:					
Known Allergies:						
Current Medications:						
Program Title		Day/Time/Date Class Begins				Fee
Parent/Guardian and Adu	(participant) to participa By signing this document, I he tated program of all liabilities on the and that if anyone connected ar. Such absolution is to be bir toment, as being satisfactory for	te in the program offered creby absolve the Town of Wal concerning personal injury, pro d with the program transports n ding when the above individua or the program activity named	by the Wake Fore ke Forest and any inc perty damage, and ex ny child on my behalf als are acting within the above. I understand the above. I understand the above. I understand the above.	est Parks and R dividuals, groups, or quipment loss. I re , I will hold the par ne scope of the ac that insurance cov	Recreation Depar or organizations of alize that transpo ty/parties involved tivity. I hereby acd verage is my /our	tment known as ifficially connected rtation to and from d blameless of any cept the instructor,
Photo Release: Pictures maplease contact the Parks and R			rities for publicity. If y	ou do not wish fo	r your photo to be	e used in publicity,
Refund Policy: Class fees from a class that has not been advance before the scheduled medical/hardship cases.	cancelled by the Wake Fores	st Parks and Recreation Depa	rtment must request	a refund, in writin	g, at least five (5)	business days in
Non-Discrimination Policy age, sexual orientation or disable of any of the aforementioned a Department of the interior, Wa	oility in employment opportunit reas may file complaint with t	ies or the provision of services	, programs, or activit	ies. A participant	alleging discrimin	ation on the basis
Registration Process:	Complete and sign regisi Return form and full payr 919-554-6180	tration form. ment by mail or in person.		Make c	inclosed: \$ heck or money of f Wake Forest.	order payable to:
Parent/Guardian/Adult	Participant Signature	:			Date:	
US Postage PAID Wake Forest, NC Permit No. 118				_	Kecreation I venue est, NC 2758	401 Elm A

PRSRT STD

Town of Wake Forest